

PSP

PEE, SWEAT, POOP

AND

POOP PROTOCOL

Guide



CONSTIPATION RELIEF USING THE PSP METHOD

Pee, Sweat, Poop



Constipation is a common issue, but with the right approach, it can be effectively managed.

Use the **PSP Method – Pee, Sweat, Poop** to help clients understand the three key areas needed to get things moving naturally and effectively.

PSP METHOD OVERVIEW

- **Pee** – Hydration is key to softening stools.
- **Sweat** – Movement and exercise stimulate digestion.
- **Poop** – Proper nutrition and routine help regulate bowel movements.

P - PEE (HYDRATION)

01. DRINK PLENTY OF WATER

- Drink at least **½ gallon of water daily**, more if active.
- **Warm Water in the Morning:** Kickstart digestion with a glass of warm water first thing in the morning.

02. ADD ELECTROLYTES FOR BETTER HYDRATION

- Add a pinch of **Himalayan Pink Salt** to water to improve absorption.
- **I AM Tip:** **Spark** or Hydration Drops can be used but avoid sugar-laden drinks.

03. ACV HYDRATION BOOST

- **Recipe:** Mix 1 tbsp **Bragg's Apple Cider Vinegar** with 1 cup of warm water.
- **Why:** ACV improves digestion and balances gut bacteria.

S- SWEAT (MOVEMENT AND EXERCISE)



01. DAILY MOVEMENT

- Walk **10,000 steps daily** to stimulate bowel movements.
- Light exercises like **jumping jacks or bodyweight squats** increase blood flow to the digestive tract.

02. SPECIFIC EXERCISES FOR DIGESTION

- **Abdominal Massage:** In a circular motion following the colon path (right to left).
- **Yoga Poses:** Cat-Cow Stretch and Child's Pose improve digestion.
- **I AM Tip:** Encourage light stretching or short walks after meals.

P- POOP (NUTRITION AND ROUTINE)

01. INCREASE FIBER INTAKE

- **Soluble Fiber:** Oatmeal, Avocado, and Chia Seeds absorb water and soften stools.
- **Insoluble Fiber:** Leafy greens, celery, and bell peppers add bulk to stools.

02. HEALTHY FATS TO LUBRICATE THE DIGESTIVE SYSTEM

- **MCT Oil** – Boosts digestion and moves things along.
- **Avocado** and **Hemp Hearts** add fiber and healthy fats.

03. PROBIOTICS FOR GUT HEALTH

- **Triple Zero Greek Yogurt** or **Fermented Foods** (e.g., sauerkraut) to balance gut bacteria.
- **I AM Tip:** Probiotic Ultra in the morning enhances gut health.

04. MAGNESIUM SUPPLEMENTATION

- **Magnesium Citrate** is effective for constipation.
- Dosage: Start with 200 mg at night and adjust as needed.

05. NATURAL LAXATIVES (IF NEEDED)

- **ACV Detox Shot:** Mix 1 tbsp **Bragg's ACV** with warm water and lemon juice.
- **Flaxseeds or Chia Seeds:** Add to smoothies or yogurt for added fiber.

OTHER HELPFUL TIPS:



01. ESTABLISH A ROUTINE:

- Go to the bathroom at the same time each day to train the body.
- The best time is usually **15-30 minutes after meals** when the body's natural gastrocolic reflex is strongest.

02. AVOID CONSTIPATING FOODS:

- Limit intake of **processed foods, dairy (if sensitive), and high-sugar foods.**

03. RELAXATION AND STRESS REDUCTION

- High stress can slow digestion. Practice **deep breathing or prayer meditation** to reduce stress.
- **I AM Tip:** Incorporate **morning and evening prayers** for a holistic approach.

SPIRITUAL REFLECTION AND SUPPORT:

“Cast all your anxiety on Him because He cares for you.”
— 1 Peter 5:7



Just as we nourish our bodies, we must also care for our minds and spirits. Stress and anxiety impact digestion, so it's important to bring everything to God in prayer and live in His peace.



**JOIN I AM FAITHFULLY FIT AND
BECOME PART OF OUR COMMUNITY**

Join our new **I AM Faithfully Fit** complete wellness program for more personalized support and guidance on nutrition, digestion, and overall wellness.

Spots are limited! Secure your spot today!

SUMMARY

Using the **PSP Method (Pee, Sweat, Poop)** is an effective, natural, and holistic way to manage constipation while supporting overall health. Share this with your clients to help them live more comfortably and healthily. You've got this!

DOES APPLE CIDER VINEGAR HELP WITH CONSTIPATION?

Yes, **Apple Cider Vinegar (ACV)** can help with constipation! Bragg's ACV is particularly effective because it's raw, unfiltered, and contains the "mother," which is rich in enzymes and beneficial bacteria that support digestion.



HOW ACV HELPS WITH CONSTIPATION



01. STIMULATES DIGESTIVE ENZYMES AND STOMACH ACID

- **ACV** increases stomach acid production, which aids in breaking down food more efficiently.
- It stimulates digestive enzymes, helping the body absorb nutrients and move waste through the colon.

02. BALANCES GUT BACTERIA

- The probiotics in the “mother” **balance gut flora**, promoting healthy digestion and regular bowel movements.
- It **reduces harmful bacteria** that can slow digestion and cause constipation.

03. SOFTENS STOOL AND PROMOTES BOWEL MOVEMENTS

- **ACV** acts as a natural laxative by drawing water into the intestines, softening stool and easing passage.
- It stimulates peristalsis, the muscle contractions that move food through the digestive tract.

04. DETOXIFIES AND ALKALIZES THE BODY

- **ACV detoxifies the liver** and helps flush out toxins that can contribute to constipation.
- Although acidic, **ACV** has an **alkalizing effect** on the body, balancing pH levels and promoting digestion.

HOW TO USE ACV FOR CONSTIPATION

ACV MORNING DETOX DRINK



Ingredients:

- 1 tbsp **Bragg's Apple Cider Vinegar**
- 1 cup Warm Water
- Juice of 1/2 Lemon
(Vitamin C boost for digestion)

Instructions:

1. Mix all ingredients in a glass.
2. Drink on an empty stomach first thing in the morning.

Why It Works: *This combination stimulates digestion, softens stool, and boosts metabolism.*

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HOW TO USE ACV FOR CONSTIPATION

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ACV AND CHIA SEED DRINK



Ingredients:

- 1 tbsp **Bragg's Apple Cider Vinegar**
- 1 cup Cold Water
- 1 tbsp Chia Seeds (high fiber for bowel movement)

Instructions:

1. Mix all ingredients and let it sit for 10 minutes until chia seeds expand.
2. Stir well and drink.

Why It Works:

Chia seeds add fiber, and ACV stimulates digestion, working together to relieve constipation.

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ACV DETOX SHOT FOR CONSTIPATION RELIEF



Ingredients:

- 1 tbsp **Bragg's Apple Cider Vinegar**
- 1/4 tsp Cayenne Pepper (stimulates digestion)
- 1/4 cup Warm Water

Instructions:

1. Mix all ingredients and drink in one shot.
2. Follow with a full glass of water.

Why It Works:

The combination stimulates bowel movements and improves gut health.

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PRECAUTIONS AND TIPS



1. **Start Slow:** Begin with 1 tsp and gradually increase to 1 tbsp to see how your body responds.
2. **Drink Plenty of Water:** ACV draws water into the intestines, so **hydrate well** to prevent dehydration.
3. **Avoid Overuse:** Too much ACV can irritate the stomach lining. Stick to 1-2 tbsp daily.
4. **Consult a Doctor:** If constipation persists, seek medical advice.

SPIRITUAL REFLECTION AND SUPPORT:

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” — 3 John 1:2



Using natural remedies like ACV is a way to honor our bodies as temples. When we care for our health, we empower ourselves to live fully and purposefully.



**JOIN I AM FAITHFULLY FIT AND
BECOME PART OF OUR COMMUNITY**

Join our new **I AM Faithfully Fit** complete wellness program and learn more about how to use natural remedies like ACV for optimal health.

Spaces are limited! Secure your spot today!



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Bragg's Apple Cider Vinegar is highly effective for relieving constipation by stimulating digestion, balancing gut bacteria, and softening stools.

It's a natural, safe, and holistic approach to digestive health. Incorporate these ACV drinks into your routine and experience the relief naturally!

THE WELLNESS COMPANY SUPPLEMENTS FOR CONSTIPATION RELIEF



The Wellness Company offers several powerful supplements that can help relieve constipation naturally while supporting overall digestive health.

Two of the most effective products are Florify and Mela-Out.

**DISCOVER WELLNESS
PRODUCTS HERE**



Here's why they work and how to use them effectively within the I AM Faithfully Fit lifestyle.

FLORIFY

Probiotic Power for Digestion and Regularity



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What It Is:

- **Florify** is a high-potency probiotic containing **5 billion CFUs** of beneficial bacteria per capsule.
- It includes a blend of Lactobacillus and Bifidobacterium strains known for promoting digestive health.

HOW FLORIFY HELPS WITH CONSTIPATION

01. BALANCES GUT FLORA

- Restores healthy gut bacteria, **improving bowel movements** and reducing constipation.
- Helps regulate digestion by balancing harmful bacteria that can cause bloating and irregularity.

02. ENHANCES DIGESTION AND NUTRIENT ABSORPTION

- Breaks down food more efficiently, **preventing constipation caused by undigested food.**
- Enhances nutrient absorption, supporting overall health and energy.

03. REDUCES INFLAMMATION AND BLOATING

- Decreases intestinal inflammation, making bowel movements more comfortable and regular.
- Reduces gas and bloating, which can be associated with constipation.

HOW TO USE FLORIFY



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- **Dosage:** Take 1 capsule daily with a meal, preferably in the morning.
- **When to Take:** Consistency is key. Take it at the same time every day for best results.
- **I AM Tip:** Perfect for daily use to maintain regularity, especially during detox phases like I AM FIRE.

MELA-OUT

Relaxation and Digestive Support



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What It Is:

- **Mela-Out** is a natural relaxation supplement containing Melatonin, Magnesium, and Lemon Balm.
- It's designed to reduce stress and support sleep, but it also effectively relieves constipation.

HOW MELA-OUT HELPS WITH CONSTIPATION

01. MAGNESIUM AS A NATURAL LAXATIVE

- Contains **Magnesium Citrate**, which **draws water into the intestines**, softening stool and promoting bowel movements.
- **Relaxes intestinal muscles**, easing the passage of stool.

02. RELIEVES STRESS-RELATED CONSTIPATION

- Stress and anxiety can slow digestion and cause constipation.
- **Lemon Balm and Melatonin** help reduce stress and promote relaxation, indirectly supporting digestion.

03. SUPPORTS REGULAR SLEEP AND DIGESTION

- Melatonin regulates the body's internal clock, **improving sleep and supporting digestion**.
- Better sleep enhances the body's natural rhythm, promoting regular bowel movements.

HOW TO USE MELA-OUT



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- **Dosage:** Take **1-2 capsules at bedtime** to support relaxation and digestive health.
- **When to Take:** Take it about **30 minutes before bedtime** to relax and prepare for a good night's sleep.
- **I AM Tip:** Ideal for **evening use** to promote restful sleep and morning regularity.

WHY THESE SUPPLEMENTS WORK WELL TOGETHER

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- **Florify** balances gut bacteria, ensuring food is digested efficiently and regularly.
- **Mela-Out** relaxes the body, easing muscle tension in the intestines and softening stools for easier passage.
- **Combined Effect:** This **power duo** effectively tackles constipation from **both digestive and stress-related causes**.

BONUS TIPS FOR MAXIMUM RESULTS

1. **Stay Hydrated:** Drink at least **½ gallon of water daily** to enhance the effects of both supplements.
2. **Include Fiber-Rich Foods:** Combine with **leafy greens, chia seeds, and hemp hearts** for added fiber.
3. **Exercise Regularly:** Walking **10,000 steps a day** stimulates digestion and bowel movements.
4. **Apple Cider Vinegar Boost:** Drink **ACV in warm water** in the morning for an additional digestive kick.

SPIRITUAL REFLECTION AND SUPPORT:

"Cast all your anxiety on Him because He cares for you."
— 1 Peter 5:7



Digestive issues are often linked to stress and anxiety. By trusting in God and caring for your body through natural solutions like **Florify and Mela-Out**, you are nurturing both your body and spirit.



**JOIN I AM FAITHFULLY FIT AND
BECOME PART OF OUR COMMUNITY**

Join our new **I AM Faithfully Fit** complete wellness program to learn how to use these powerful supplements effectively for digestive health and overall wellness.

Spaces are limited! Secure your spot today!

SUMMARY

Florify and Mela-Out are powerful tools from The Wellness Company that naturally relieve constipation by balancing gut bacteria, relaxing intestinal muscles, and reducing stress.

They work synergistically to restore regularity and enhance digestive health while supporting the I AM Faithfully Fit lifestyle. Incorporate these into your daily routine and experience the relief naturally!!

DISCOVER WELLNESS
PRODUCTS HERE



Poop Protocol on fasting days or not:

POOP PROTOCOL RECIPES WITH BRAGG'S ACV AND ADVO GREENS/REDS



These recipes combine the digestive power of Bragg's Apple Cider Vinegar with the nutrient-rich benefits of **ADVO Greens** and **ADVO Reds**.

They are designed to stimulate digestion, soften stool, and promote regular bowel movements naturally and effectively. These are perfect for the I AM Faithfully Fit Poop Protocol.

ACV MORNING DETOX DRINK WITH ADVO GREENS



Ingredients:

- 1 tbsp **Bragg's Apple Cider Vinegar**
- 1 scoop **ADVO Greens** (for digestive enzymes and gut health)
- 1 cup Warm Water
- Juice of 1/2 Lemon (Vitamin C boost for digestion)

Instructions:

1. Mix Bragg's ACV, ADVO Greens, and lemon juice in a glass.
2. Add warm water and stir well until fully dissolved.
3. Drink on an empty stomach **first thing in the morning.**

Why It Works:

- The **ACV and lemon** stimulate digestion and soften stool.
- **ADVO Greens** add digestive enzymes and probiotics, balancing gut bacteria and enhancing digestion.
- This powerful combination kickstarts metabolism and promotes regularity.

I AM Tip:

Great for Tiger 36 fasting days to enhance detox and digestion.



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ACV AND CHIA SEED DRINK WITH ADVO REDS



Ingredients:

- 1 tbsp **Bragg's Apple Cider Vinegar**
- 1 scoop **ADVO Reds** (for antioxidants and gut health)
- 1 cup Cold Water
- 1 tbsp Chia Seeds (high fiber for bowel movement)

Instructions:

1. Mix Bragg's ACV, ADVO Reds, and chia seeds in cold water.
2. Let it sit for **10 minutes** until the chia seeds expand.
3. Stir well and drink.

Why It Works:

- **Chia seeds** add fiber, helping to soften stool and promote regular bowel movements.
- **ADVO Reds** provide antioxidants and support gut health, enhancing digestion.
- **ACV** stimulates peristalsis (intestinal contractions), moving stool through the colon.

I AM Tip:

This is perfect as a mid-morning or afternoon digestive boost.



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ACV DETOX SHOT FOR CONSTIPATION RELIEF WITH ADVO GREENS



Ingredients:

- 1 tbsp **Bragg's Apple Cider Vinegar**
- 1 scoop **ADVO Greens** (for digestive enzymes and gut health)
- 1/4 tsp Cayenne Pepper (stimulates digestion)
- 1/4 cup Warm Water

Instructions:

1. Mix ACV, ADVO Greens, and cayenne pepper in warm water.
2. Stir well until fully dissolved.
3. Drink in one shot, followed by a full glass of water.

Why It Works:

- The **cayenne pepper** stimulates digestion and boosts metabolism.
- **ADVO Greens** provide probiotics and digestive enzymes, aiding in stool movement.
- **ACV** softens stool and stimulates intestinal contractions.

I AM Tip:

Ideal for a morning boost or before a meal to stimulate digestion.



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IMPORTANT NOTICE

We Are Not Medical Professionals

The information provided through the I AM Faithfully Fit program, including supplements, recipes, and health protocols, is intended for educational and informational purposes only.

Please Consult Your Physician:

Before starting any new supplement, dietary regimen, or health protocol—especially if you are experiencing digestive issues such as constipation—consult with your healthcare provider to ensure it is safe and appropriate for your individual health needs.

Not a Substitute for Medical Advice:

This information is not intended to diagnose, treat, cure, or prevent any disease. Always seek the advice of a qualified healthcare professional with any questions you may have regarding a medical condition or health objectives.

Your Health and Safety are Our Priority.

Stay informed, stay safe, and take care of your body as the temple it is meant to be.

Warmly,
I AM Faithfully Fit Team 

Join our supportive community in embracing a sustainable, practical lifestyle. Let our faith-based weight loss program transform your life!

JOIN I AM FAITHFULLY FIT CLUB



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PRE-ORDER POTION PLATE



FAITH-DRIVEN Book



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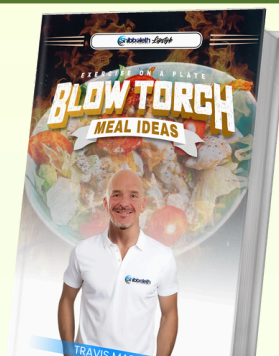
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